

**To:** Heart o' North Conference Schools  
**Re:** Conference Track Meet  
**Where:** *Spooner High School Stadium*  
**Date:** 5/14/2024



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**DATE:** Tuesday, May 14, 2024, at 3:00 PM

**COACHES MEETING:** 2:30 in Track Shed (south of the field).

**TIME:** Implement weigh-in at 2:30pm, Field events start at 3:00 PM. Running events start at 3:45 PM

**OFFICIALS:** Steven Eichman, Jacob Kavajecz, Woodrow Keeble

**BUS PARKING:** Busses may unload at the entrance to the complex on the west side of Spooner High School. Busses are encouraged to park in the south end of the parking lot closest to the track (close to practice soccer and football fields).

**FORMAT FOR COMPETITION:** This meet will use the WIAA regional format. 28 total entries, up to 3 per event. 3 jumps/throws in prelims. Top 9 in field events make finals. No prelims in 200. **1 Relay per team.**

**EXCHANGE ZONE JUDGES:** 4 x 100 exchange zone judges; Ashland (1), Barron (2), SCF (3)  
4 x 200 exchange zone judges; Cameron (1,3), NW (2)

**GAMES COMMITTEE:** Official Starters, Meet Manager (Koll Fjelstad) Coaches: Spooner, Hayward, Cumberland.

**SPIKES:** Acceptable spikes may be used for running and jumping events  
Shot/Disc are concrete – FLATS ONLY!

**ENTRY FEE ADMISSION:** Free Admission

**AWARDS:** Conference Champion Team Plaque and Individual Conference Medals will be given to the first 3 places. We will score 8 Places.

**TIMING/ENTRIES:** **Timing will be done by AccuRaceTiming.** Entries will be done at <https://wi.milesplit.com> and entries will close Monday, May 13 at 12:00 PM. Heat Sheets and results will be posted live online at <https://www accuracetiming.com/>

**FACILITIES:** Bathrooms on site  
Concessions will be sold on site.

**INFIELD:** **Only coaches and on deck participants are allowed in the Infield during the meet.**  
**Please keep team tents out of the infield. There will be ample space for tents on the North end of the track.**

**CONTACT:** Matt Lucius Athletic Director [lucium@spooner.k12.wi.us](mailto:lucium@spooner.k12.wi.us)  
Josh Tischer Track & Field Coach [tischerj@spooner.k12.wi.us](mailto:tischerj@spooner.k12.wi.us)  
Spooner School District (715) 635-2171

# ORDER OF EVENTS

## **Field Events (begin at 3:00pm)**

- Boys and Girls Long Jump/Triple Jump –  
Open Pit, 3<sup>rd</sup> in line, 1 time please  
Prelim – 3 Jumps, ends at 5pm  
Finals (start at 5:20pm) – Girls followed Boys
- High Jump (Girls followed by Boys)
- Shot Put (Girls followed by Boys) – 3 Throws then finals
- Discus (Boys followed by Girls) – 3 Throws then finals
- Pole Vault (Boys followed by Girls)

## **Running Events (begin at 3:45pm)**

GIRLS	3200 M Relay (4x800)
BOYS	3200 M Relay (4x800)
GIRLS	100 M Dash (trials)
BOYS	100 M Dash (trials)
GIRLS	100 M High Hurdles (trials) 33”
BOYS	110 M High Hurdles (trials) 39”

### **15 min break**

BOYS	110 M High Hurdles (finals) 39”
GIRLS	100 M High Hurdles (finals) 33”
GIRLS	100 M Dash (finals)
BOYS	100 M Dash (finals)
GIRLS	1600 M Run
BOYS	1600 M Run
GIRLS	800 M Relay (4x200)
BOYS	800 M Relay (4x200)
GIRLS	400 M Dash
BOYS	400 M Dash
GIRLS	400 M Relay (4x100)
BOYS	400 M Relay (4x100)
GIRLS	300 M Low Hurdles (30”)
BOYS	300 M Intermediate Hurdles (36”)
GIRLS	800 M Run
BOYS	800 M Run
GIRLS	200 M Dash
BOYS	200 M Dash
GIRLS	3200 M Run
BOYS	3200 M Run
GIRLS	1600 M Relay (4x400)
BOYS	1600 M Relay (4x400)